



# Fitness Center

Physical Therapy Clinic  
and Health Club

The Heart of Traverse City Health

[www.traversecityfitnesscenter.com](http://www.traversecityfitnesscenter.com)

Phone: 231-941-8787 Gym – 231-941-1800 Clinic

Email: [info@traversecityfitnesscenter.com](mailto:info@traversecityfitnesscenter.com)

**\*Show your state ID and save!**

**The Fitness Center Health Club offers \*State of Michigan employees  
annual membership for \$200.00, a \$50.00 savings!**

**Or**

**EFT \$25.00 monthly - a \$4.00 a month savings  
Set up with your checking, savings or credit card.**

**Our fitness team can design a goal-oriented program**

**\* *Spinning* \* Pilates \* Group Exercise**

**\* Free weights \* Cardio \* Massage therapy**

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**Our Physical Therapy staff can help you  
regain your strength and mobility.**

**\*Neck & Shoulder Pain \* Back, Hip & Knee Pain**

**\* Post Surgical Rehab \* Sports Injury**

**Physical Therapy patients have gym privileges while in therapy.**

***Doctor's referral required for Physical Therapy.***

**Check with your HR department for your Physical Therapy benefits.**